



BLACKMAIL AUGUST 2018

Manager's Message

Hello and welcome to the end of NAIDOC season, although while I am writing this our team at ACRC are still putting together the final preparations for this year's NAIDOC ball. In saying this we will have a full report on all the NAIDOC events and Award winners in next month's newsletter.

In the beginning of the year at our Strategic planning meeting with the ACRC board and myself, identified that we wanted to bring more culture into the centre and into as many programs as possible in the future. We also identified that we wanted to connect better with the community and supply a more welcome and better environment for all occasions, while working within the constraints on a small working area that ACRC works within. Through negotiation with our next door neighbours Gateway we have gained access to the back area where we are currently building a fire pit and in the future we plan to build greater facilities to cater for more cultural events, community BBQs and gatherings.



We have also been working hard in removing most of the garden area out the side of ACRC and we will be turning this area into a grass area where we can sit and have a good yarn. Our elders will be able to have lunch and morning teas out in the sunshine. Through all this work we also plan on being able to run future cultural gathering where all of community can come and share their knowledge, thus

giving all of us a chance of learning more about our culture. These spaces will also give us an opportunity to learn more of who we are as Aboriginal people both as a group and as individuals in this ever changing busy world.

Hopefully many of these changes will be finished by mid to the end of September where you will all be invited and welcomed to share further ideas on what else we can do here at ACRC to improve culture and to meet the needs of our Blue Mountains Aboriginal community

Yours sincerely

Wayne Cornish

Manager ACRC





HEALING CAMP FOR ABORIGINAL COMMUNITY

ACRC has received a special grant to run a Healing Camp to benefit Aboriginal people within the age group of 18 to 64 years of age. ACRC are looking to fill 15 spots on offer. The grant covers all costs so there will be no charge for participation.

Our live-in camp will run from Saturday 1st to Friday 7th September in a bushland setting near Jenolan Caves. Participants will be housed in small cottages, mostly with bunk style beds, in shared accommodation. The cottages are comfortable but there are some site limitations like no TV, shops or mobile phone coverage in this area. The camp is fully catered – all meals provided.

Please be advised that there will be no general provision for children at this camp due to a limited amount of funding and the lack of facilities to cater for children while parent and grandparents are participating within the group.

We have engaged the renowned We Al-li Group to facilitate the Healing sessions and at this camp we will experience *Dadirri – The Ancient Aboriginal Tradition of Mindfulness* and also *Recreating the Circle of Wellbeing*. They classify the workshops as Intermediate level aimed at community members.

Expression of interest will be taken by all ACRC staff personnel.

We will be holding an information morning on Thursday the 16th of August 10am till 12pm here at the ACRC Headquarters.

Management of ACRC will require for applicants to have pre applied through the application process for the healing camp before the information day on the 16th of August.

For a full information pack and any inquires please contact Wayne 044782 6569



FundAbility is brought to you by Northcott and funded by
the NSW Department of Family and Community Services



**Blue Mountains Aboriginal Culture &
Resource Centre**

(ACRC)

An Aboriginal Corporation

ABN 72 778 150 873

ICN 2827

Elders Support Service

I go on leave after the NAIDOC Ball and will return Monday 6th of August. Next lunch will be Tuesday 7th of August. Good news, Commonwealth Home Support has been funded till July 2020 and new conditions they have brought down the age of cover to 45, so if you are Aboriginal & 45 or over & you want some support going to the doctors or some help around the home or if there is anything else, we can help you with let us know. We have lots of outings coming up in 2018. Look out for the August Elders Calender of Events. Happy Birthday to all those who celebrate their birthdays this month.

Jade Pyle

Elders Support Coordinator

0439595181 or 47826569

elders@acrc.org.au

47826569 or 0439595181

FAMILY SUPPORT COORDINATOR

Playgroup starts back Monday 30th of August!!!

Raylee is available Mondays to Thursdays between 9am – 5pm & Friday 9-12:30. Raylee support families with children between the ages of 0 -5yrs and Raylee is able to liaises with government departments and works with families to ensure they have a strong connection to community and support services. Please call Raylee if you would like to join the playgroup, need information about family support or just want to have a yarn.

Raylee

47826569 or 0439028652

ORIC Governance training 3 August 2018

The Training day will run from 0900hrs till approximately 1500hrs.

It is "open to all members of ACRC" and will provide a general background from the CATSI Act for the operations, reporting and communication procedures for ACRC as an Indigenous Corporation.

They will also answer specific questions.

The meeting will be held at the Lawson Mechanics Institute formerly the Lawson Community Centre on the Great Western Highway.

RSVP by next Wednesday 1st of August to ACRC.

02 4782 6569

Email: manager@acrc.org.au

Finger Limes



Citrus australasica

Finger limes are known as the caviar of citrus. Their aromatic smooth but pebbled skin appears in a triad of colours, ranging from green to brown to red and almost black. The interior of Finger limes contains caviar-shaped vesicles that burst with a lemon-lime flavour. The colour of the tiny fruit vesicles intensifies during the last phase of fruit maturity.

Finger limes are available year-round, with a peak season in mid-winter.

There are several different Finger lime varieties, botanically classified as *Citrus australasica*, all of which maintain the same shape and constitution. The Alstonville variety is green and seedless. Judy's Everbearing is a light green to pink skinned fruit with pale rose pulp. Pink Ice is similar to Judy's Everbearing, its skin ruby tinged brown with rose coloured pulp. The Purple Viola and Jali red share the same ruby colouring pulp while their skin deepens with age. Finger limes have 3 times the amount of vitamin C found in mandarin oranges. They are also a good source of vitamin E, folate, and potassium.

Finger limes have been used by the native Aboriginal tribes in Australia for thousands of years. They were used not only as a food source but also used for medicinal purposes to ward off sickness. The pulp and juice were applied topically as an antiseptic. The citrus is currently sought after by "bush tuckers," otherwise known as foragers.

sourced at

http://www.specialtyproduce.com/produce/Finger_Limes_6704.php



(02) 4782 6569
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www.acrc.org.au
[facebook.com/BlueMountainsAboriginalCultureResourceCentre/](https://www.facebook.com/BlueMountainsAboriginalCultureResourceCentre/)
Mon - Thurs 9am-5pm, Friday 9am - 12pm